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# RELAXNOMIKS

*Mid-year edition*





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# NOTE FROM THE PUBLISHER

The second quarter of this year has proven even more tumultuous than the first. The naira fluctuated between N1,050-N1,540/\$, while inflation surged to 33.95% in May. This has exacerbated the already severe cost of living crisis we all face. Furthermore, discussions about a new minimum wage have stalled, dashing the hopes of many Nigerians for improved pay. The strain on household budgets continues to deepen, creating a challenging environment for many families nationwide.

Despite these difficulties, there is a glimmer of hope on the horizon. The World Bank has approved a \$2.5 billion loan to support the country's economic stability. This injection of funds is expected to enhance the medium-term outlook and bolster investor confidence. Shortly after the loan approval announcement, the stock market showed positive momentum, rising by 0.38% to 99,925.29points (as of June 14). Additionally, our external reserves has increased by 61 million since the announcement.

Amidst the economic turbulence, finding moments of respite and rejuvenation is crucial. The holiday season is upon us, offering a perfect opportunity to rest and recharge. This break is a chance to step away from the daily grind, spend quality time with loved ones, and create cherished memories. It is also a time to reflect on our personal and collective resilience and cultivate a renewed optimism for the future.

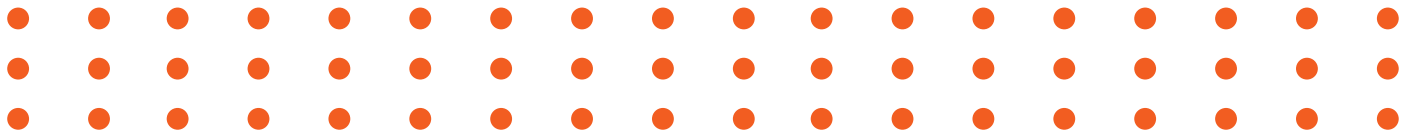
As we navigate these challenging times, let us not lose sight of the importance of community and togetherness. Use this holiday to reconnect with family and friends, engage in joyful activities, and take care of your well-being. A rested mind and spirit are essential as we prepare to face the third quarter with strength and determination.

Let this edition of Relaxnomiks be your guide during this period. Inside, you will find articles and tips on how to make the most of your holiday, from travel suggestions to wellness advice. Our aim is to provide you with the inspiration and tools you need to enjoy this break to the fullest.

Wishing you a restful and rejuvenating weekend,

*Bismarck Rewane*





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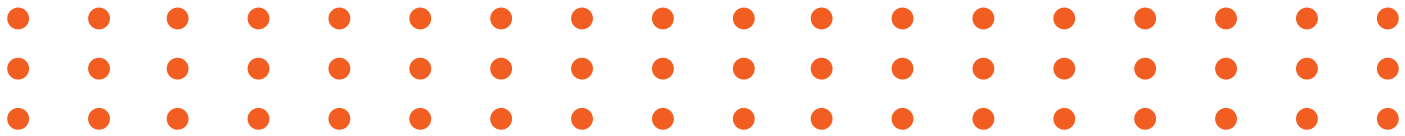
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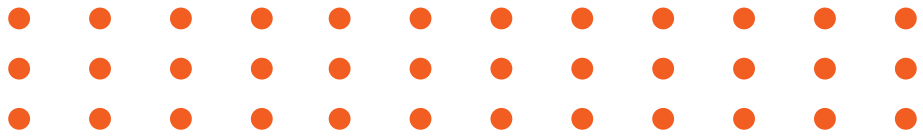
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# Lifestyle



# PROTECT YOUR SKIN WITH NIGERIAN BEAUTY SECRETS

Nigerian beauty secrets have been passed down through generations, offering natural and effective ways to enhance the skin. Let's explore some of the natural beauty staples you can incorporate into your skincare routine.

## 1. Camwood Polish or Powder

Camwood is a *Baphia nitida* plant species mostly found in West and Central Africa. It is also known as barwood and African sandalwood. This tree is often planted in Osun State, Nigeria; that is why Yoruba called it "osun." The reddish powder, derived from the heartwood of the camwood tree, has been used as skin care for centuries in Nigeria, particularly by the Yoruba tribe. Camwood is known for its skin-enhancing properties as it is highly rich in minerals, vitamins, and antibiotics, which help in treating sunburn, even skin tone, reduce blemishes, and promote a healthy glow.



One of the famous skin soaps made from Camwood is **Black Soap (Dudu Osun)**.

**2. Black soap**, fondly called Dudu Osun by Yoruba's, is created from medicinal camwood alongside other plant-based ingredients like shea butter, aloe vera, palm



kernel oil, cocoa pod ash, palm bunch ash, and lime. The soup, known for its gentle cleansing properties, can be applied to the hair, scalp, and skin. It's excellent for deep cleansing, exfoliation, and treating acne. Camwood, a primary ingredient, contributes to its exfoliating effects.

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### 3. Shea Butter

Shea butter is extracted from shea trees, mostly grown in the savannah regions of West and East Africa. Shea butter is a rich natural moisturiser obtained from the nuts of the shea tree, which is grown in about 21 states in Nigeria, but only four states (Niger, Kebbi, Oyo, and Kwara) are largely engaged in its production. This oily substance has a lot of vitamins and fatty acids that nourish and hydrate the skin. Regular use of shea butter can improve skin elasticity, fade scars, and protect against environmental damage.

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### 4. Charcoal:

Activated charcoal is charcoal that has been processed and cleaned up. Charcoal, which literally means turn to coal, is a blackish substance mainly made of carbon, derived from wood and bone burned. Coal is largely produced in some parts of Nigeria, including Enugu, Benue, Kogi, and Plateau states. Activated charcoal is more commonly used in medicine than charcoal due to its cleanliness. Its detoxifying properties are used for skincare, as it absorbs impurities, excess oil, and toxins from the skin, leaving it fresh and rejuvenated. You can find charcoal-based skincare products or create your own masks using activated charcoal powder.





## 5. Native Chalk or Calabar Chalk

While controversial due to its lead content, some Nigerian women use native chalk (also called “nzu” or “calabar chalk”) for skincare, mostly in the eastern and southern parts of Nigeria. It is called nzu in Igbo, orhua in Edo, and efun in Yoruba. Its mineral elements (such as iron, calcium, aluminium, silicon, bicarbonate, and sulphate) improve skin texture, reduce oiliness, and provide a natural glow to the skin. However, caution is necessary, and alternatives like kaolin clay are safer.

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## 6. Turmeric

Turmeric, known as “ata ile” in Yoruba, is a vibrant yellow spice with powerful anti-inflammatory and antioxidant properties, highly cultivated in 19 Nigerian states. It can brighten the complexion, fade dark spots, soothe irritated skin, treat burns, and relieve sunburn pain. Turmeric can help with wound healing, effective for acne, eczema, psoriasis, and rosacea. Mix turmeric with honey or yoghurt for a nourishing face mask.

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## 7. Honey

Honey is loaded with vitamins, antioxidants, and amino acids, which promote youthful skin. Organic acids in honey (like gluconic acid) accelerate the shedding of dead skin cells. Honey’s antibacterial properties reduce pimples, especially red ones. Remember to do a patch test before using honey extensively, especially if you have sensitive skin.

These natural beauty secrets are accessible, and inexpensive, say goodbye to artificial products and embrace the wisdom of Nigerian traditions.



# STAY STYLISH IN THE NIGERIAN HEAT

In Nigeria, the weather is divided into two seasons: wet and dry. The wet season, akin to summer, spans from April to October and is characterized by rain, heat, and unpredictable shifts. Despite its sweltering nature, sudden cloud cover often heralds rain. The weather's unpredictability makes the Nigerian rainy season notably dynamic and occasionally abrupt. But not to worry we got you and your steez covered!!!

**Quick-to-dry jean outfits:** To prepare for unpredictable rainy season weather, wear lightweight, breathable fabrics like linen and cotton. Cotton-polyester jeans with quick-drying tops are suitable in case of sudden rain.



**Pack a Jacket:** While light clothing is recommended, it's wise for Nigerians to carry a jacket or sweater for sudden weather shifts. Despite the rain, it often accompanies hot air. Lightweight options like cotton bombers, cardigans, linen blazers, or trench coats are ideal for the Nigerian rainy season.

**Go for plastic or rubber shoes:** During the Nigerian rainy, rubber or plastic footwear is favored for comfort and practicality. They withstand rain, mud, and puddles, preserving outfits. These shoes come in various styles, complementing any attire, and are easy to clean with water and soap.

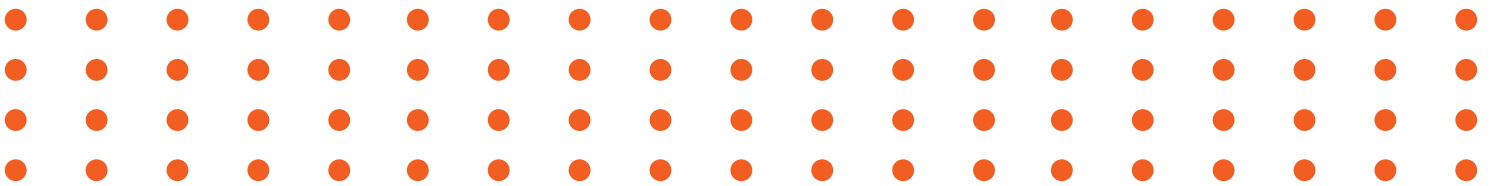


**Cute sundresses are still cool.** Despite Nigeria's unpredictable weather, sundresses remain stylish and practical, perfect for pool or beach outings. Don't let sweat or heat stop you; embrace comfort and style with a cute sundress and trendy shades for any destination.

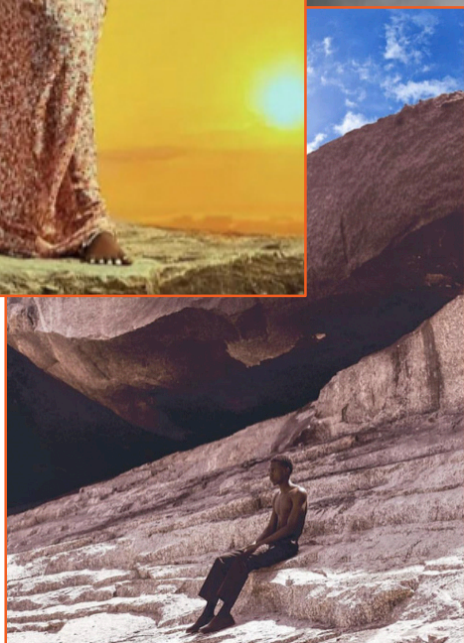
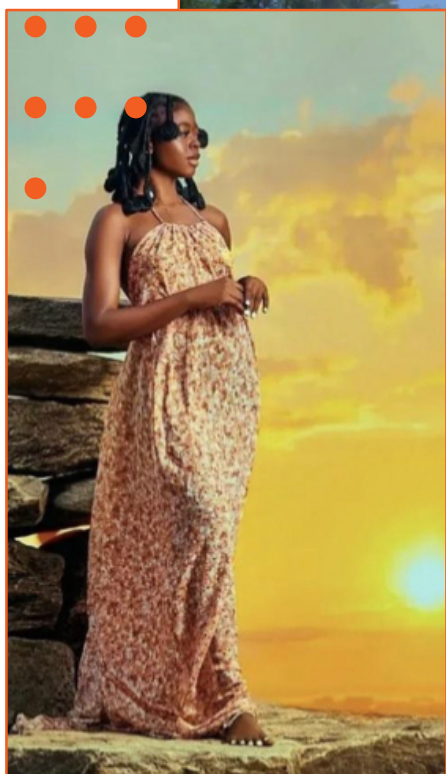


**Avoid wearing dark outfits at night.** Avoid wearing black clothing during Nigerian rainy season nights due to the prevalence of biting insects attracted to dark colors. Opt for light-colored attire like white or yellow to deter insects and stay comfortable.

**Stay hydrated:** Stay hydrated in the Nigerian heat by drinking coconut water or cucumber-infused beverages to replenish electrolytes and maintain healthy, glowing skin.



# CAPTURING THE BEAUTY OF NIGERIA



If we're being honest, finding a new wallpaper can sometimes be a bit of a hassle. It's even harder when most natural scenery wallpapers are dominated by foreign landscapes. But if you're looking for something modern and locally inspired, look no further. We've got the perfect blend of contemporary style and local charm, just for you.



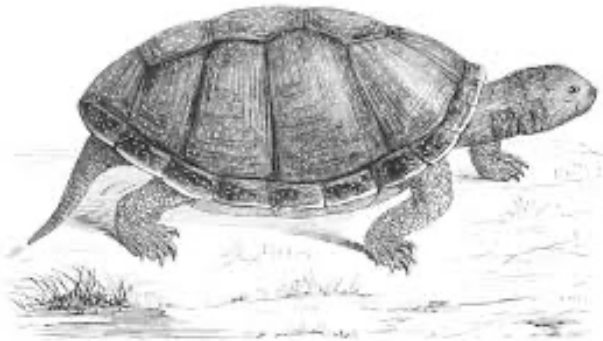
# NIGERIAN FOLKLORE: TRADITIONAL STORIES TO SHARE WITH THE KIDS AT HOME

Nigeria is blessed with rich cultural diversity and exquisite traditional values. At the heart of the Nigerian culture are beautiful folklores which are passed down across generations to teach morals and values to young people. Here, we share some of the most popular folklores across the southern parts of Nigeria. You can read the full stories on [www.worldoftales.com](http://www.worldoftales.com) or [www.oldnaija.com](http://www.oldnaija.com).

2

## The Story of Oluronbi and Iroko Oluwere, the Spirit Tree

A barren woman called Oluronbi promises her future child to the spirit of a mighty Iroko tree in exchange for fertility. When she bears a daughter but fails to fulfill her vow, the tree spirit claims the child, reminding others to honor their promises. **Moral Lesson: Never make promises you can't keep, as you may come to regret them later.**



## The Prince and Tortoise's Daughter

In this tale, a powerful king's son falls in love with the tortoise's kind and virtuous daughter, Adet, despite a law that would kill the girl's family for being more beautiful than the prince's other wives. The prince's mother kept the secret of Adet's affair with the prince, and when the truth is revealed, the king is initially angry but ultimately cancels the cruel law after seeing Adet's beauty and kind heart. The prince marries Adet, and the tortoise's family is richly rewarded. **Moral Lesson: Kindness and virtue can lead to unexpected rewards.**

1



### Tortoise and the Monkey

The monkey cheated the tortoise, and the tortoise swore revenge. The tortoise then tricks the lion into attacking the monkey. The lion severely beats the monkey, and the tortoise reveals his deception as revenge. **Moral Lesson: Desist from cheating people, as the consequences may be too much burden to bear.**

3

### Why Bats Fly at Night

Envious of the squirrel's handsome appearance, the bat deceitfully convinces him to leap into a pot of boiling water, falsely assuring him that this is the secret to making a delicious soup. The squirrel dies, and the bat flees into hiding when the king orders his capture. Since then, the bat has flown at night to avoid being caught. **Moral Lesson: Never hurt people because you envy them. Jealousy and deceit can lead to tragic outcomes.**

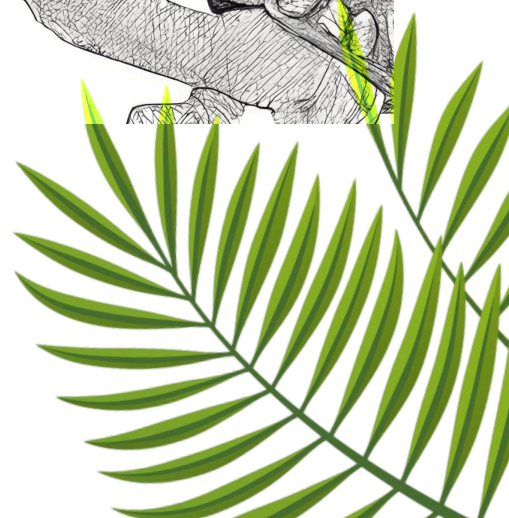
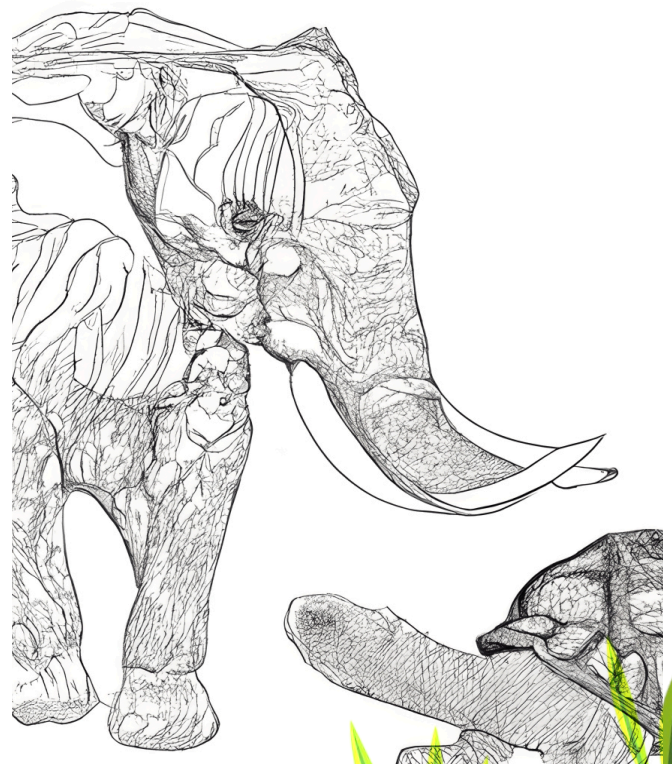
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### Tortoise and the Elephant

The lion king was sick, and the animals needed elephant parts to cure him. The clever tortoise lures the elephant into a pit, pretending he is to be crowned king. The elephant falls into the trap and is killed, while the lion is cured. The tortoise is rewarded with the king's daughter and half the kingdom.

**Moral Lesson: Intelligence and cunning can triumph over brute strength, and using one's wits can bring significant rewards. However, it should not come at the expense of another one's life or happiness.**



# STAYING HYDRATED AND HEALTHY IN THE HEAT AND HUMIDITY

Despite the slightly increased number of rainy days during this period, the heat persists, making it crucial to prioritize your health. Staying hydrated and maintaining your well-being can be challenging, but with the right tips, you can enjoy the season while keeping healthy. Here are five essential tips to help you stay hydrated and healthy in the heat:



## Drink Plenty of Water

Drink at least eight glasses of water a day. Ensure you have a water bottle to help you stay hydrated throughout the day.



## Eat Hydrating Foods

Incorporate fruits and vegetables with high water content into your diet. Options like watermelon, cucumbers, oranges, and strawberries can help keep you hydrated.



## Avoid Excessive Sun Exposure

Try to stay indoors during peak sun hours (10 a.m. to 4 p.m.). If you need to be outside, wear a wide-brimmed hat, sunglasses, and apply sunscreen to protect your skin.



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## Wear Lightweight and Light-Colored Clothing

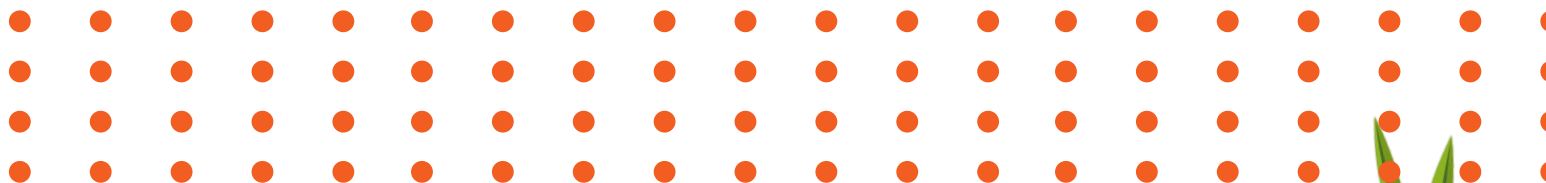
Choose breathable fabrics like cotton and linen to help your body stay cool. Light-colored clothing reflects, rather than absorbs, sunlight, keeping you cooler.

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## Limit Caffeine and Alcohol Intake

Both caffeine and alcohol can lead to dehydration. Opt for water, herbal teas, or fresh juices to hydrate properly.





# Dangote Sugar has a **NEW LOOK**

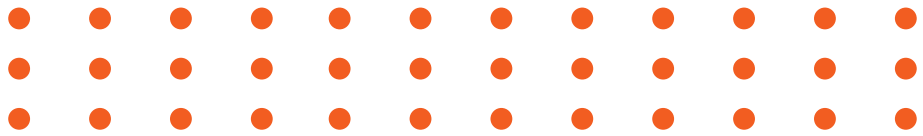


## Same Great Quality!



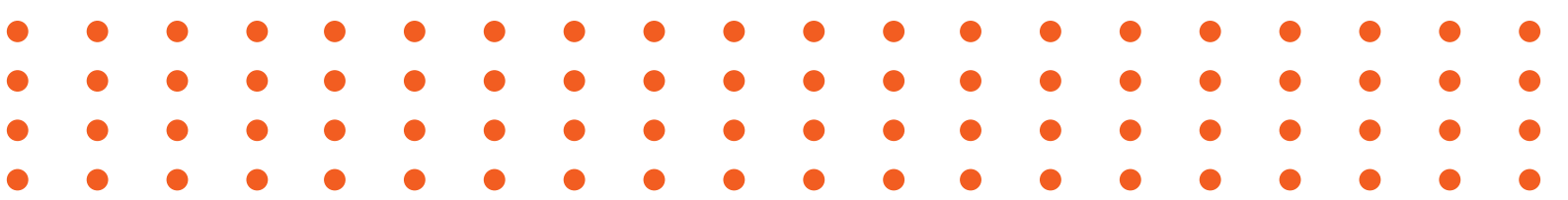
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# Food & Drink





## OTHER RICE COMBOS YOU CAN EXPLORE!

### Ingredients

- Crayfish
- Ginger
- Garlic
- Uda seeds
- Calabash nutmeg

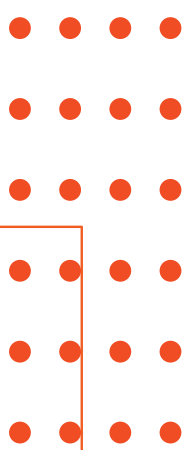
It's no news that lately, tomatoes and peppers have become scarce and pricey in Nigeria. The soaring costs of these essential ingredients have turned the simple joy of preparing traditional Nigerian stews into a financial strain for many households. A pot of stew, typically bursting with the rich flavors of peppers and tomatoes, now demands more from your wallet than ever before.

But fear not, food lovers! If you're on the hunt for delicious, budget-friendly alternatives that don't rely on these costly ingredients, you're in for a treat. Plenty of mouthwatering Nigerian soups pair perfectly with rice, offering a burst of flavor without breaking the bank. We have carefully

curated a list of soups with little or no fresh peppers you can try out. They are economical, healthy, and delightful.

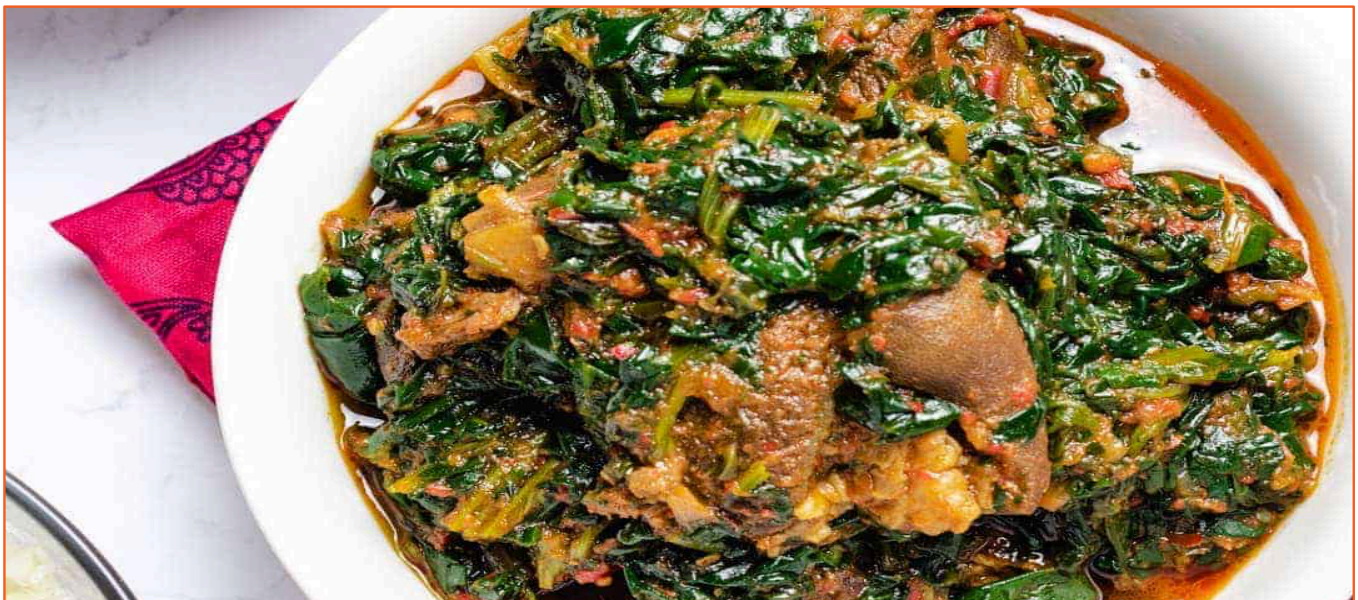
**Pepper Soup:** Don't let the name fool you! Nigerian Pepper Soup can be made with just 2-3 pieces of Scotch bonnet peppers (rodo), allowing other aromatic spices to take the spotlight. This broth features ingredients like crayfish, ginger, and garlic, as well as a mix of traditional spices such as uda seeds and calabash nutmeg. It can be garnished with proteins such as fish, goat meat, or chicken, and it's perfect with a side of rice.





**Efo Riro/Vegetable Soup:** Efo Riro is a colourful and nutritious vegetable soup that can be prepared with minimal peppers. The star ingredients are green leafy vegetables like spinach or fluted pumpkin leaves (ugu), combined with onions, locust beans (iru), and palm oil for a rich, savory base. Protein options like dried fish or meat serve as flavor enhancers. This soup is a fantastic way to enjoy a flavorful dish without relying heavily on peppers and tomatoes. Plus, it can be enjoyed with rice.

- Ingredients**
- Spinach
  - Ugu
  - Onions
  - Locust beans
  - Palm oil



- Ingredients**
- Palm fruit
  - Beletete
  - Rohojie
  - Oburunbebe

**Banga Soup:** Banga soup is a delicious palm nut-based soup that requires no fresh peppers. The primary ingredient is palm fruit extract, which gives the soup its rich, velvety texture and deep flavor. Seasoned with traditional spices like beletete, rohojie, and oburunbebe stick, banga soup is often cooked with fish, meat, or seafood. Its unique taste and creamy consistency make it a perfect companion to rice, providing a luxurious meal without the high cost.





**Edikaikong:** Edikaikong is a nutritious and flavorful soup from the Efik and Ibibio people of Nigeria, made with a variety of leafy greens such as waterleaf and ugu. This soup can be prepared with little or no fresh peppers, focusing instead on rich flavours from ingredients like crayfish, onions, and palm oil. It typically includes a variety of proteins like goat meat, beef, or fish, making it a hearty and satisfying dish. Apart from that, the soup is packed with nutrients to keep the body alive.

### Ingredients

Waterleaf/Ugu  
Pepper  
Crayfish  
Onions  
Palm Oil

**Egusi Soup:** Egusi soup is also a great option, made with ground melon seeds (egusi) as its primary ingredient. This soup can be prepared with little or no fresh peppers, depending on your preference. Key ingredients include onions, crayfish, and leafy greens such as spinach or ugu necessary to do the magic. Palm oil adds color and richness, while various proteins such as goat meat, beef, or fish enhance the heartiness of the dish. Egusi soup is a satisfying and economical option that pairs perfectly with rice.

### Ingredients

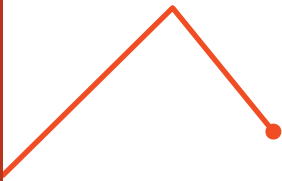
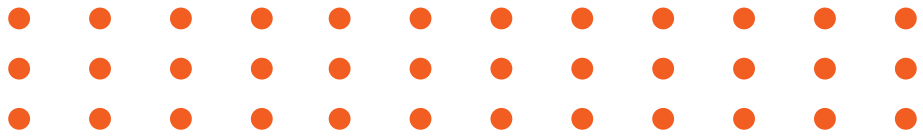
Melon  
Pepper  
Crayfish  
Onions  
Palm Oil  
Spinach/Ugu

**Groundnut/peanut Soup:** Groundnut/Peanut Soup is a rich dish made from blended roasted peanuts, which provides a nutty flavor and thick consistency. No fresh peppers are required, giving way for other affordable spices like calabash nutmeg, uziza seeds, and dry peppers to enhance the aromatic profile of this delicacy, while palm oil adds vibrant color. You can garnish this soup with any protein of your choice and finish it with vegetables, preferably properly washed bitterleaf. Enjoy it with rice or savor it on its own.

### Ingredients

Groundnut  
Calabash nutmeg  
Uziza seeds  
Dry peppers  
Palm oil





# Fashion



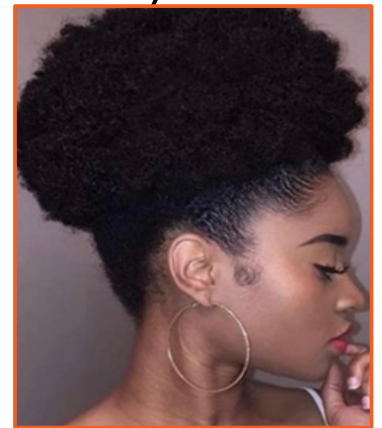
# TRENDING STYLISH HAIRSTYLES TO ROCK

Ladies love to look their best, and a great hairstyle does a lot to complement any outfit. Sadly, the cost of hair extensions—a popular choice in Nigeria—has hit the roof recently. Even wigs have become the new gold and almost unaffordable. Let's make an excuse that the weather is a little too hot for wigs. But you've got to slay regardless. After all, life is too short to settle for boring hair! That said, you are welcome to use this piece as your catalogue for really cool, stylish and trending hairstyles to rock this rainy season without breaking the bank.

Kinky Twist-Outs/  
Braid-Outs



Afro



Beaded corn-rows

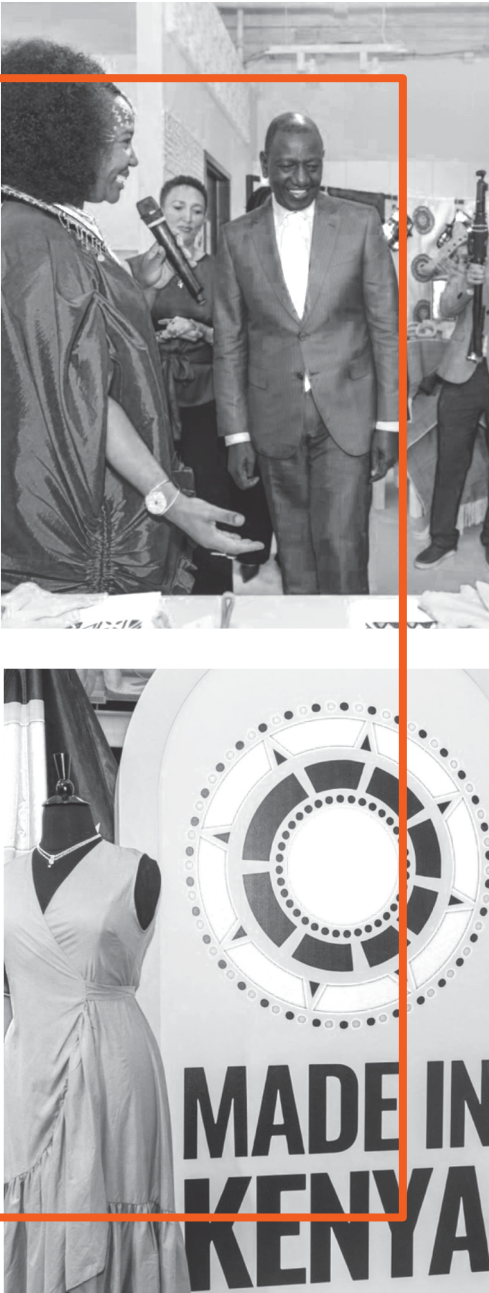


Braided Baldie



# AFRICA'S HIGH FASHION BETS ON GLOBAL RETAIL PRESENCE

Culled from Senator<sup>1</sup>



## THE SCENE

When Kenya's Vivo Fashion opened its first US store in Atlanta in the third week of May it was the latest step in a push by African brands to expand the "high fashion" value chain on the global stage.

Vivo, co-founded by Wandia Gichuru and Anne-Marie Burugu, already has 26 stores in Kenya, Uganda, and Rwanda. For its launch at Atlantic Station in Atlanta, it brought along Kenya-made brands, including Anjiru, Ikwetta, and Soko.

It follows in the footsteps of brands like Lagos-based menswear specialists Deji & Kola., which opened its first UK store in March following the opening of a store in Canada last year. South African knitwear brand MaXhosa also revealed plans to open a New York retail base in February as it launched a six-month pop-up store in the city.

An African fashion industry report by Unesco from last October noted that developing retail distribution with e-commerce and physical stores would be essential for boosting the high fashion sector. In 2022, this sector will account for around a fifth of Africa's \$6 billion luxury goods market. Overall demand for African haute couture will increase by 42% over the next decade.

"Many high fashion designers operate from small outlets or studios in the suburbs of major cities in Africa, but the lack of organized retail spaces impacts brands' visibility and reach in a competitive market," wrote the report's authors.

1. <https://www.semafor.com/article/05/26/2024/africas-high-fashion-bets-on-global-retail-presence#:~:text=An%20African%20fashion%20industry%20report,luxury%20goods%20market%20in%202022.>





### Kenya State House

Kate Mayeye, CEO of Nairobi-based African Fabrics and Design, told Semafor Africa that the global rise of fast fashion—where mass-market retailers flood the market with inexpensive clothing to keep up with trends—had helped raise demand for unique, high-quality pieces, which African fashion houses are happy to provide.

“International buyers are looking for quality, authenticity, and uniqueness,” she explained. Mayeye also noted that Africans in the diaspora were helping create a buzz around fashion from the continent, much like they aided the rise in global popularity of African music genres, including Afrobeats and Amapiano.

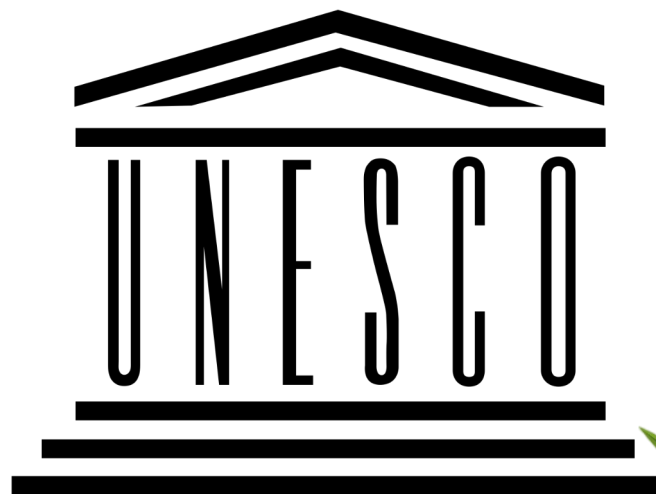
The Unesco report values African fashion exports at \$15.5 billion per year and calls for increased investment and improved policymaking to support the industry. It highlights its potential to strengthen economies.

Vivo’s Atlanta store was unveiled by Kenya’s President William Ruto during his ongoing state visit to the US. “This is not just a win for Vivo, but for Kenya and Africa as a whole. It showcases the global potential of African brands and the entrepreneurial spirit that drives our continent forward,” he said.

### THE VIEW FROM NIGERIA

Nigerian fashion designers and brands are increasingly earning international acclaim with their designs taking center stage at fashion events worldwide - including at the Brooklyn Museum’s “Africa Fashion” exhibition, where popular Lagos concept store Alara opened a pop-up shop in 2023.

“Currently, the global fashion community is looking to the African continent for more than inspiration,” Ernestine White-Mifetu, the Sills Foundation curator of African art at the Brooklyn Museum, told the New York Times in April. “The fashion world at large is finally ready to pay attention.”



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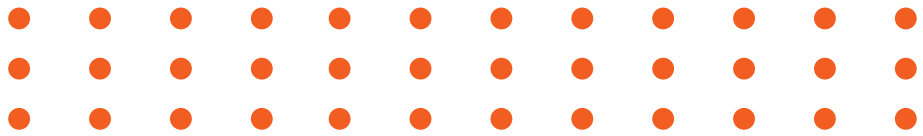
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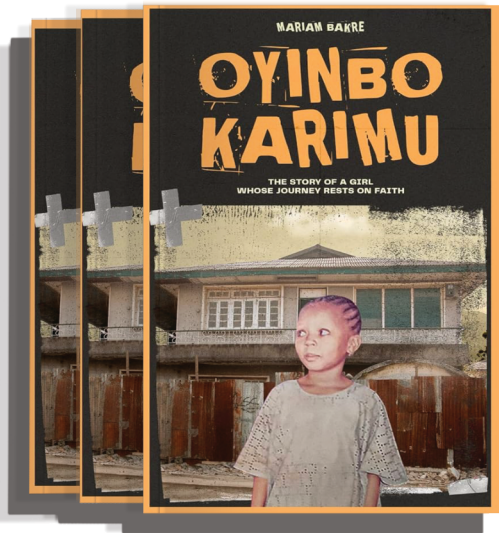


# Entertainment



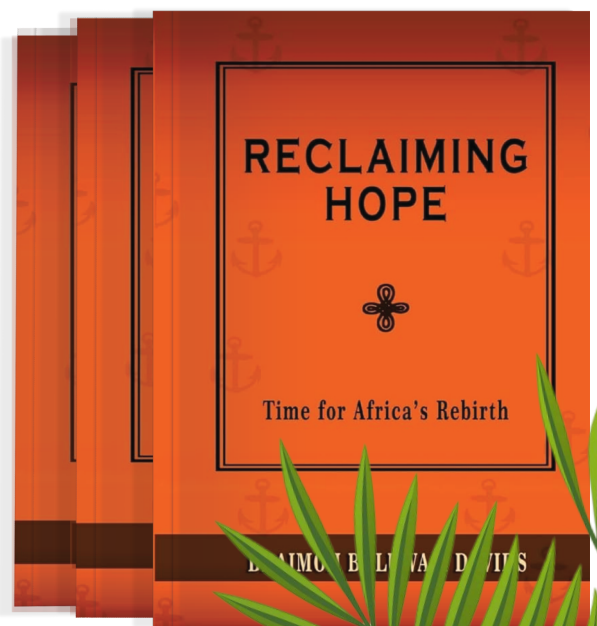
# RAINY SEASON READING LIST: MUST-READ BOOKS BY NIGERIAN AUTHORS

Why not curl up with a good book if the rain keeps you indoors? Nigeria boasts a vibrant literary scene, offering diverse books that explore the country's history, politics, and social issues. Here are some captivating works by Nigerian authors to add to your reading list.



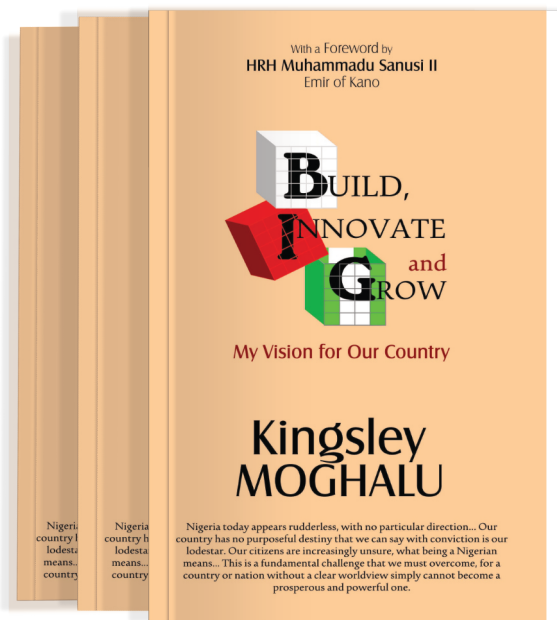
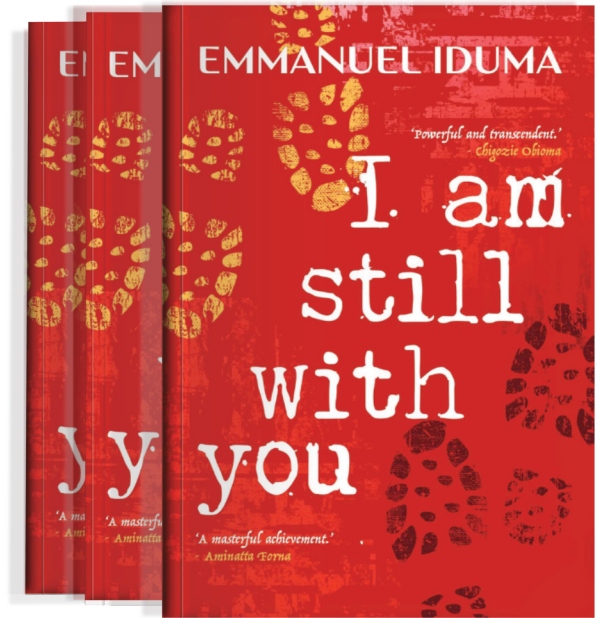
Mariam Bakre, also known as Mory Coco, has penned a memoir titled "**Oyinbo Karimu**," released on May 3, 2024. In this book, she shares her experiences growing up on Karimu Street near Ojuelegba, highlighting life's challenges in a rural area. Mory Coco explores themes of faith, motherhood, friendship, and resilience, aiming to inspire readers with her reflections. "I spent 13 years of my life on Karimu Street," she says, hoping her story and lessons will positively impact others.

**Reclaiming Hope** by Braimoh Boluwaji David is a call to action for the emerging generation of Nigerians. It emphasizes the importance of understanding one's roots and reviving traditional values to build a strong national identity.



In ***I Am Still With You***, Emmanuel Iduma embarks on a deeply personal journey to uncover the fate of his uncle, who disappeared fighting for Biafra in the Nigerian Civil War. Traveling from New York to his hometown in southeastern Nigeria, Iduma searches for closure and recognition as his uncle's heir.

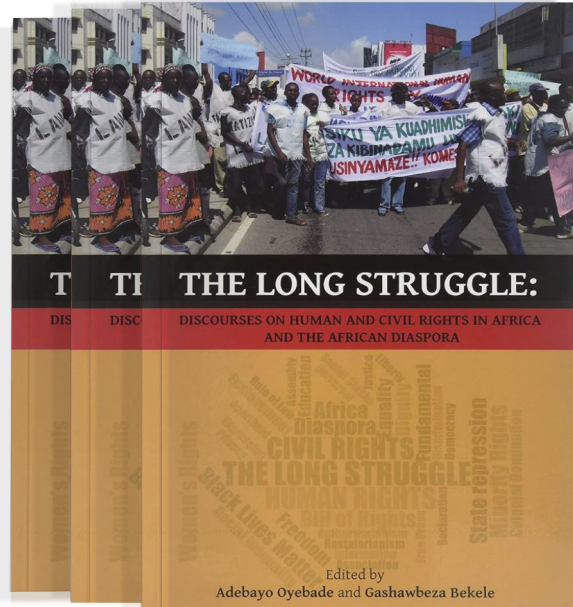
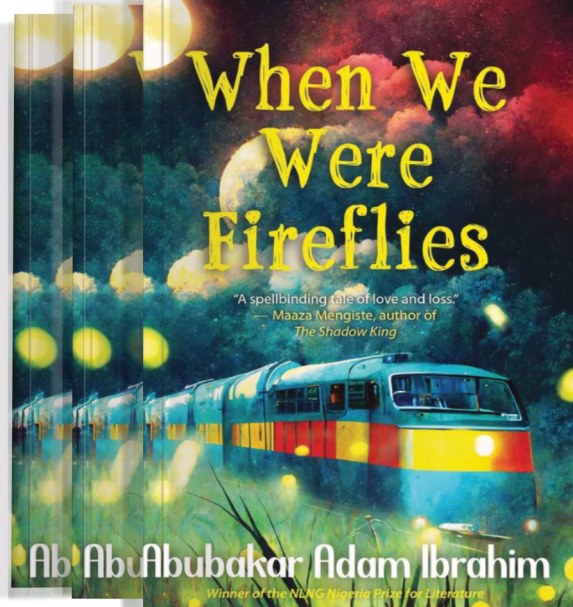
The memoir interweaves the fragmented stories of his family with the broader history of the Igbo people and notable figures from the war, exploring themes of memory, identity, and trauma. Iduma's narrative style reflects his urgent quest for answers as he navigates past and present complexities.



**Build, Innovate, and Grow:** My Vision for Our Country by Kingsley Moghalu tackles critical issues facing Nigeria, including leadership, women's equality, youth empowerment, and economic development. Moghalu proposes a roadmap for the country's future.



In **When We Were Fireflies**, Abubakar Adam Ibrahim weaves a captivating tale of Yarima Lalo, a lovelorn artist who, during a scuffle on a train, recalls a past life where he was killed at the same station. This revelation, coupled with a chance meeting with a mysterious woman and discovering a magical clock, sets Lalo on a journey to uncover the mysteries of his past lives. The novel captures historical and contemporary nuances across five Northern Nigerian cities while weaving a poignant love story.



**The Long Struggle:** Discourses on Human and Civil Rights in Africa and the African Diaspora, edited by Adebayo Oyeade and Gashawbeza Bekele, explores the ongoing fight for human and civil rights in Africa and the diaspora. Featuring contributions from scholars across the globe, the book examines various challenges and offers valuable insights into this crucial topic.

Whether you're interested in contemporary politics, historical analysis, or personal narratives, there's a Nigerian book waiting to be discovered. Dive into these works to better understand this fascinating country and its people.





## **STAYCATION IDEAS TO ENJOY A MEMORABLE RAINY SEASON**

"We are the sum of our memories," said David Baldacci. Indeed, our memories are our most treasured possessions. A staycation offers the perfect chance to create these precious memories, all while relaxing with friends and family. It's the ideal solution for those wanting the joys of a vacation without the hefty price tag. Here are some exciting activities you can enjoy at home, outdoors, or around your neighborhood during your staycation.

### **Eat breakfast in bed**

Eating breakfast in bed is one of the most indulgent experiences. Even if you live alone and must prepare it yourself, you can still savor the luxury by jumping back into bed with your meal. If you share your home with others, take turns preparing breakfast for each other during your staycation, adding a delightful touch to your mornings.





### Explore your neighbourhood

Take a stroll about your neighborhood and observe your surroundings for a while. Explore your neighborhood parks, talk with friends and take a tourist's eye to appreciate the small details you might have previously overlooked. Trust us, you won't regret it.

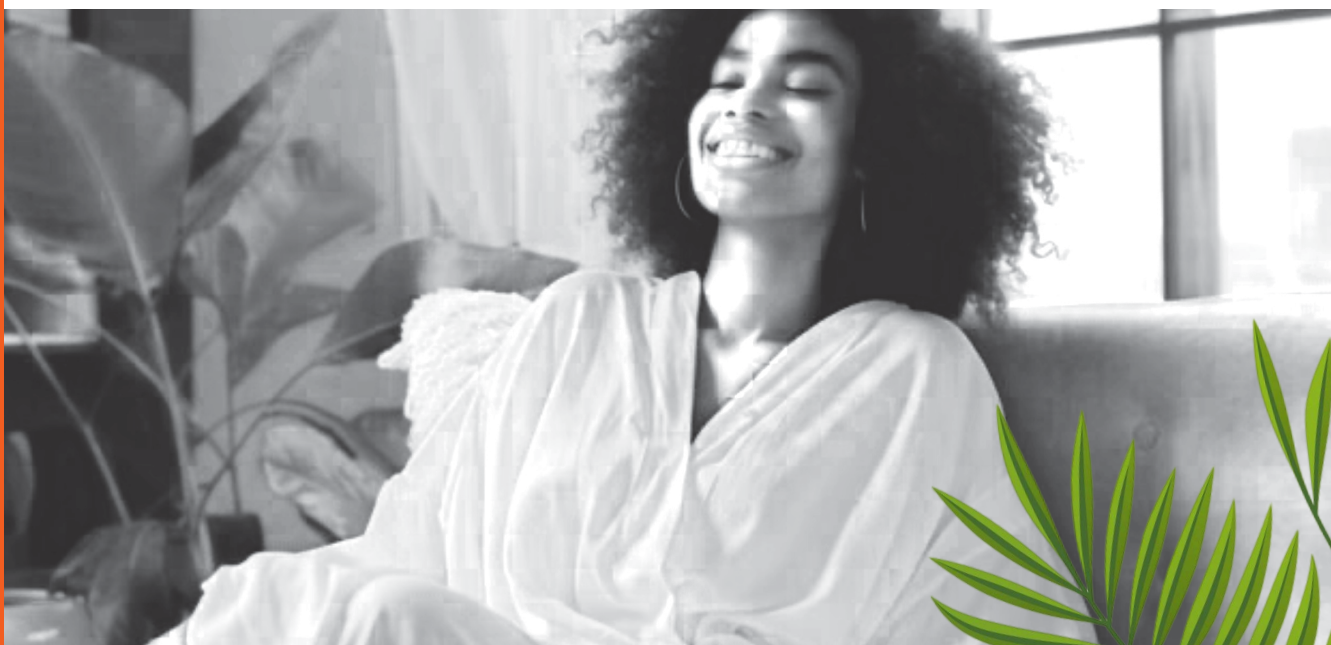


### Go on a virtual adventure

Use online resources to take virtual tours of famous museums, landmarks, or national parks. These resources let you explore art galleries, stroll through historic streets, or hike beautiful trails without the stress of leaving home.

### Luxury hotel at home

Put fine linens on your bed, place a gourmet dinner order, and treat yourself to a turndown service with chocolates on the pillow. Put on a cozy robe and slippers, have a soothing bath, and use the in-room entertainment.





# Leo

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# FAMILY FUN: FRIENDLY ACTIVITIES TO KEEP THE LITTLE ONES ENTERTAINED

Although the official Children's Day has come and gone, our children deserve to be celebrated daily. What better time to do this than during the three-month-long school break? This period offers the perfect opportunity to plan fun and engaging activities for the kids. Here are some fantastic ideas to make this season unforgettable for Nigerian families:

## DIY water park fun

You can create your own water park at home with sprinklers, kiddie pools, and water balloons. For an even grander experience, visit Giwa Gardens Waterpark in Lagos or Abuja. The Abuja branch, the largest waterpark in West Africa, offers an unforgettable day of splashes and laughter.

## Cultural and educational fun

Playfully learn by engaging in local cultural activities. Visit museums such as the National Museum in Lagos or the Gidan Makama Museum in Kano, or engage in traditional storytelling sessions that reflect Nigeria's rich heritage.

## Nature scavenger hunt

Craft a list of items for the kids to find, such as specific leaves, flowers, or insects native to Nigeria. Head to a local park or nature reserve like Lekki Conservation Centre in Lagos or Yankari National Park in Bauchi and let them explore the great outdoors in a fun and educational way.

## Indoor treasure hunts

Turn your home into an adventure zone with indoor treasure hunts. Create clues and hide treasures around the house for the kids to discover, making it a fun and interactive learning experience.

## Bike ride adventure

Explore local bike trails or simply ride around the neighborhood. It's a healthy and fun way to spend time outdoors while discovering the local environment.

## Outdoor movie night

Hang a sheet in the backyard, set up a projector, and watch a family-friendly Nollywood movie under the stars. Crackle some popcorn and enjoy a magical evening together. If the rain gets in the way, you can bring the setup inside!



### Arts and crafts

Unleash your kids' creativity with arts and crafts projects. They can make traditional Nigerian crafts such as bead jewelry and tie-dye fabrics or paint local scenes and cultural motifs.

### Traditional games

Introduce kids to traditional Nigerian games like Ayo, Suwe (hopscotch), or Ten-Ten. These games are fun and a great way to connect with Nigerian heritage.



These activities should keep the little ones entertained and create lasting memories for the whole family!



# TECH GADGETS

## YOU CAN HAVE THIS BREAK

As the holiday approaches, gadget lovers, tech enthusiasts, and average consumers seek trending gadgets to complement their summer activities. The right gadget can make a difference in leisure, travel, picnics, or games.

Preparing your gadgets for the journey is very important if you plan to go on a vacation or a hike. For example, a standard-quality power bank can be a lifesaver on long road trips or flights, as it ensures that your phone or laptop is all juiced up. The Anker 737 Power Bank might just be the extra juice you need.



Are you a content creator? Do you enjoy taking pictures or videos? If yes, we have just the perfect gadget for you. The Insta360 X4 camera is a game-changer among portable video/picture 8K recording devices. This device records videos from a 360° angle at the best quality you can imagine and even allows you to choose the best angle after recording. You will never miss a moment again!

For people who want to work or document their experiences in the most exquisite way during travel, the new iPad Pro with Apple's M4 chip is a great bargain. This device is even better for you if you are a digital or sketch artist. Artistry will take on a different shape with the warmth of summer on your skin and an iPad Pro in your hands.

Here's a list of other gadgets you should check out:

- Lenovo's ThinkBook Plus Gen 5 Hybrid
- Apple Vision Pro mixed-reality headset
- Moleskine Smart Notebook Set
- Oura Ring Generation 3
- Ray-Ban Stories Camera Glasses



It is clear that technology continues to evolve rapidly, offering new ways to improve our lifestyles. Whether you're a tech freak or just looking for the perfect gadget to complement your summer plans, there's no shortage of options to explore. Happy gadget hunting!





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# NIGERIANS THAT HAVE MADE THE HEADLINES

1

## Ademola Lookman

A professional football player, Ademola Lookman, is a winger for Atlanta in Serie A. After joining Everton in January 2017, he played in the team's 4-0 victory over Manchester City to make his debut. Lookman signed with Serie A team Atlanta on August 4, 2022. On August 4, he scored in his first game, a 2-0 victory over Sampdoria. He defeated Bayer Leverkusen 3-0 in the Europa League Final in the Dublin Arena on May 22, 2024, scoring his first hat-trick to take home the title for the first time.



4

## Tobi Amusan

Nigerian track and field athlete Tobi Amusan is an expert in sprinting and the 100-meter hurdles. She holds the current world record in the 100-meter hurdles with a time of 12.12 seconds set in the 2022 semi-final in Eugene, Oregon. Amusan is the reigning Commonwealth and African champion in the 100-meter hurdles. Additionally, she is the Diamond League champion in the 100m hurdles, achieving a winning streak in 2021, 2022, and 2023. She was recognized for her achievements and was listed among the five Nigerians in Forbes Africa.



2

## Pelumi Nubi

Pelumi, a 28-year-old travel content creator, became the first Nigerian woman to solo drive from London to Lagos. Her journey of 6,213 miles across 15 countries in 68 days led to her appointment as the Lagos State Tourism Ambassador, recognizing her remarkable achievement and passion for travel.



## Tunde Onakoya

Tunde Onakoya, a Nigerian chess player and coach, holds the Guinness World Record for the longest marathon chess game (60 consecutive hours) and founded Chess in Slums Africa. Featured on CNN African Voices, he is also a member of the New York City-based non-profit organization "The Gift of Chess."

3



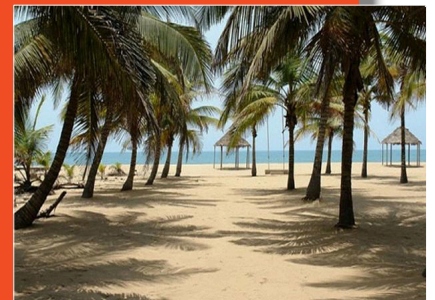
# TOP 9 NIGERIAN BEACH DESTINATIONS DURING VACATION

We've all been hustling hard since the beginning of the year, and now it's time for a well-deserved break. Imagine feeling the warm sand between your toes, the gentle breeze against your skin, and the soothing sound of waves lapping at the shore. What better way to unwind than a trip to the beach? The natural scenery and breezy atmosphere make it nearly impossible not to de-stress. Whether you're planning a fun getaway with friends or a relaxing family vacation, the beach is the perfect destination. Here are the top 9 beach spots you won't want to miss. Grab your sunglasses now!!!



**Tarkwa Bay:** This artificial beach near Lagos Harbor is only accessible by boat. The entry fee is ₦2000 for a day, and an additional ₦500 if you want to rent chairs and a thatched tent. Highlights of this beach include its safe swimming area, serene environment, and various water activities like jet skiing.

**Suntan Beach:** Are you a big fan of coconuts? Then this place is just for you. Located in Badagry, Lagos, it is famous for its coconut trees and peaceful environment. Highlights include horse riding, a crafts market, and the opportunity to explore the historic town of Badagry.



**Elegushi Beach:** This private beach is situated on Victoria Island, Lagos. It is notable for its clean sand and clear water, perfect for relaxation and fun activities.



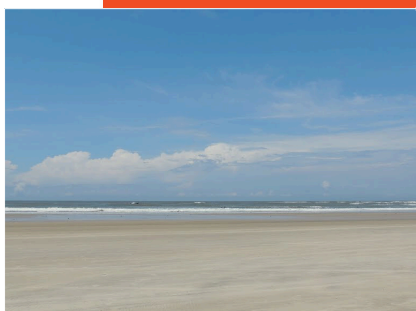
**African Beach:** This private beach is located in Ajah, Lagos, and is known for its clean environment and beautiful beachfront. It has well-maintained facilities, a family-friendly atmosphere, and beach sports.



**Eleko Beach:** Located in Lekki, Lagos, Elegushi Beach is a vibrant place for fun and relaxation. It's perfect for enjoying the waves and ocean roar, with a cool breeze and relaxing spots. The nightlife here is top-notch!

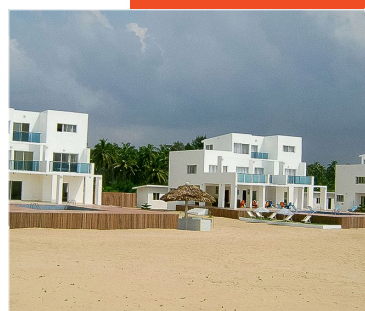


**Oniru private beach:** Situated on Victoria Island, Lagos, Oniru Beach is a private beach that offers a clean and well-maintained environment. It has a relaxing atmosphere, beachfront bars, and live entertainment.



**Ibendo beach:** One of West Africa's longest beaches is in Eket, Akwa Ibom. This beach features endless stretches of white sand, water sports, and beautiful sunset views.

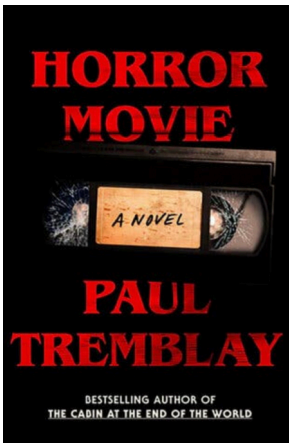
**Port Harcourt Tourist Beach:** A man-made beach in Port Harcourt, Rivers State, this beach is a popular destination for locals and tourists. It's a great place for picnics, with areas for children's playgrounds and a cultural village showcasing local crafts.



**Ilashe Beach:** If you have exquisite taste and don't mind paying for luxury, this beach is for you. A private beach located along Badagry Creek, it is renowned for its luxurious beach houses, serene atmosphere, and perfect spots for private events.



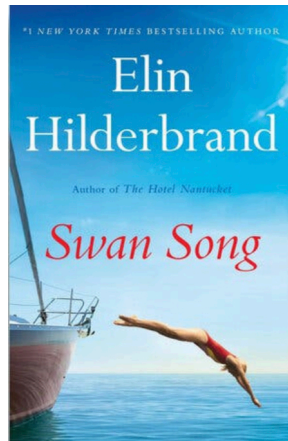
June 11



**Horror Movie, by Paul Tremblay**

Alternating between the '90s, the present day, and scenes from a screenplay, Tremblay's latest follows the Hollywood remake of "Horror Movie," a cult-favorite art house film with a cursed history. Tragedy struck the original shoot, and just a handful of scenes ever made it to the public, yet the only surviving cast member is hellbent on reliving his very dark past.

June 11



**Swan Song, by Elin Hilderbrand**

The final novel in Hilderbrand's beloved Nantucket series is here. The Richardsons caused a stir on the island when they purchased a \$22-million beach house, started hosting Gatsby-ish parties, and campaigned to join the old-money Field & Oar club. But when the couple's home burns down and their personal assistant disappears, police chief Ed Kapenash must put his retirement plans on hold and find the missing girl.

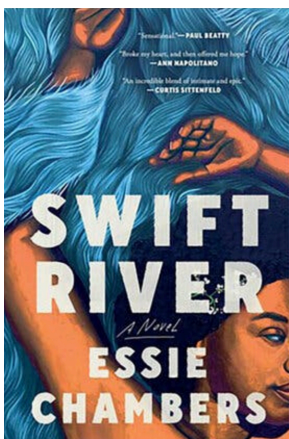
June 11



**One of Our Kind, by Nicola Yoon**

The promise of Liberty, Calif., is a Black utopia, but when Jasmyne and King move their young family there, they discover a place whose citizens are more interested in luxury wellness than social justice.

June 4



**Swift River, by Essie Chambers**

Diamond Newberry is the only Black person in Swift River, a New England mill town in decline. When her mother decides to start filing the paperwork to declare her missing father officially dead, Diamond uncovers a lineage of Black women she didn't know existed.

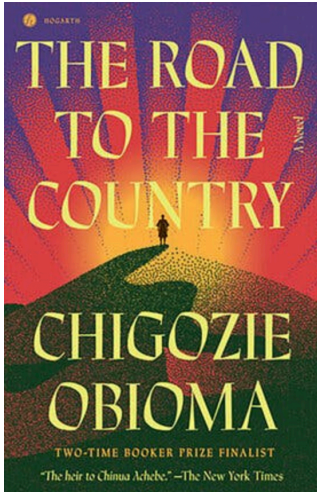
## 8 NOVELS COMING THIS SUMMER

Culled from New York Times<sup>2</sup>



2. <https://www.nytimes.com/2024/06/14/books/new-summer-fiction.html?smid=nytcore-ios-share&referringSource=articleShare&sgpr=c-cb>

June 4



**The Road to the Country, by Chigozie Obioma**

During Nigeria’s civil war, this novel follows a man who is conscripted to fight for the Biafran army after embarking on a search for his missing brother.

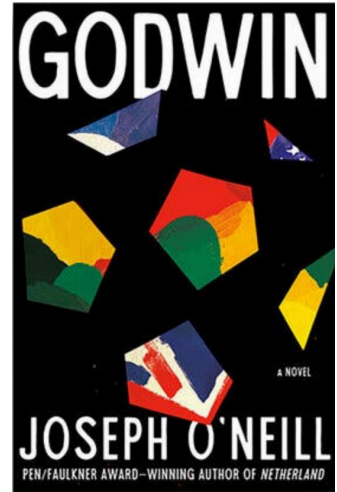
June 4



**Mirrored Heavens, by Rebecca Roanhorse**

Roanhorse is one of several Indigenous writers reshaping American science fiction and fantasy. The final installment in her Between Earth and Sky series, this novel follows the ultimate fates of the people of Meridian.

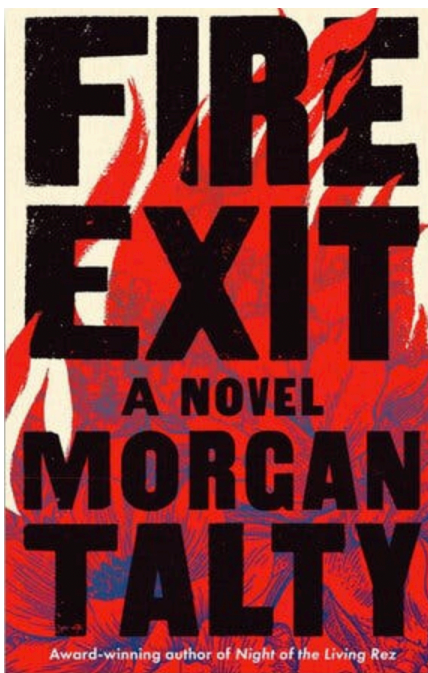
June 4



**Godwin, by Joseph O’Neill**

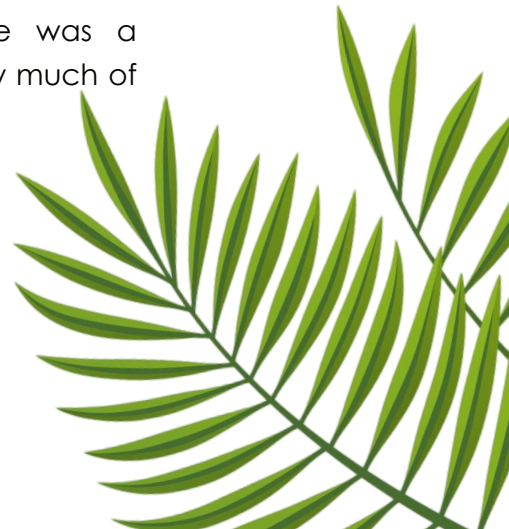
This globe-trotting romp from the author of “Netherland” chronicles a man’s quest to find a mysterious soccer prodigy in West Africa and the unraveling of his workplace back in Pittsburgh.

June 4



**Fire Exit, by Morgan Talty**

This novel, from the author of “Night of the Living Rez,” is told from the perspective of a man who was expelled from Maine’s Penobscot Reservation when he was a young adult and must decide how much of his history to reveal to his daughter.



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